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## Hadfield was high, but Ford got highest

T.O. mayor beats astronaut as top newsmaker PAGE 8

## Gold on the silver screen

Metro lists its picks for the best, most corn-popping movies of 2013 PAGE 14

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# THE BEAR NECESSITIES

**Wind chill kept temperatures hovering around the –40 C mark all weekend long, but it was perfect weather — if you're a polar bear. Hearty Winnipeggers who could bear it headed to Assiniboine Park Zoo to see Aurora and Kaska, the zoo's two newest polar bear cubs, who couldn't have asked for better weather for their public debut.** SHANE GIBSON/METRO

# Manitoba's deficit lower than expected

**$485 million.** Quarterly update says province has taken in more revenue than expected, but feeling pinch in public safety, social programs

Manitoba's quarterly update says the province's deficit is less than expected at $485 million, about $33 million less than forecast in last spring's budget.

The update released Friday said the government has taken in $41 million more than it expected in revenue, but is still feeling the pinch in public safety costs, social programs and forest-fire-fighting expenses.

Finance Minister Jennifer Howard said the province continues to be "on track." But she has also said Statistics Canada undercounted Manitoba's population by 18,000 — costing the province $37 million in federal transfer payments this year.

"Higher projections for both corporate and individual income tax and the one-time revenue associated with the completion of the sale of the property registry were offset by lower lottery revenues and a decrease in federal health and social transfers as a result of Statistics Canada's downward revision to Manitoba's estimated population numbers," the update said.

Statistics Canada has said it stands by the province's population as calculated in the 2011 census. The province estimates the alleged population discrepancy will cost Manitoba $100 million a year. Howard has said the decrease in revenue will make it a challenge for Manitoba to fulfil its pledge to balance the books by 2016.

The update says the province is reviewing ways to reduce costs while maintaining core services, and calls Manitoba's economy "resilient."

While Manitoba "is not immune" to the global economy, the update said the province's economic growth was the second-highest among provinces and above the national average. Manufacturing has struggled a bit, but the agriculture, housing and retail sector all appear to have improved.

The province is spending $300 million less than budgeted on infrastructure, but the update noted that the government has committed to spend $5.5 billion on infrastructure improvements over the next five years.

THE CANADIAN PRESS

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# Manitobans amongst the worst for shopping on time

**Last minute.** Local gurus blame bitter, bitter cold for chilly shopping season

Maybe our spirited energy is lacking, or it's the fact we're just so darn friendly we've let others have our parking spot at the mall, but a new poll says 74 per cent of Manitobans have not completed their Christmas shopping.

The CIBC poll conducted by Harris/Decima determined the national average of those who haven't finished their gift buying to be 69 per cent, with Manitoba and Saskatchewan having the highest rate of last-minute shoppers.

Nadine Chappellaz, who runs the blog Save Money in Winnipeg, believes Manitobans are so behind because of the cold snap this month.

"Even with Christmas baking, everything Christmas-related, nobody seems to be done anything," said Chappellaz. "A lot of people have only been getting their Christmas trees in the last few days."

Chappellaz added she has seen some benefits to holding off on shopping as long as possible. Some stores, she said, now begin their Boxing Day sales the weekend before Christmas.

But, you still won't catch her setting foot near any mall or store a few days before Christmas.

"I'm assuming it's going to be a madhouse," she said.

Deborah Green, Polo Park Shopping Centre's general manager, said they are expecting it to be busy right up until close on Christmas Eve.

She said many people get paid or receive holiday bonuses the last Friday before Christmas, creating a busy final weekend.

"People have a little bit of that 'oh my gosh' look in their eyes," said Green. The poll results also said 26 per cent of Manitobans haven't even started their Christmas shopping.

"Ouch, good luck to them," said Chappellaz.

ZACH PETERS/METRO

Are you finished your Christmas shopping? No? You're not alone. GETTY IMAGES

# Company finds solution to grocery store void

My Farmers' Market owner and operator Nathan Steele.

ZACH PETERS/METRO

With winter in full swing and downtown grocery stores dwindling, a Winnipeg Internet based delivery grocer has adapted from serving its staple of local fresh produce to now also providing non-perishables.

My Farmers' Market, owned and operated by Nathan Steele, only opened in July and is now going through its first winter.

"It's a lot of learning here as we go along," said Steele.

The inventory of My Farmers' Market has doubled with their intake of new non-perishable stock, added Steele.

"We are getting to the point where people don't have to go out and supplement with other grocery shopping."

That is a big plus for those in the downtown area who can't get to one of the area's few regular grocers, or those who don't want to go out in the cold.

Steele, a former chef, said he opened his business with a hope that he could influence the way the public looks at food, its distribution, and issues of sustainability.

"You look at pizza delivery, you look at fast food, you look at vending machines, it's all unhealthy, but really easy to get your hands on and cheap," said Steele. "I want to apply a similar model of convenience to healthier options."

My Farmers' Market delivers citywide and works on a same-day delivery system. For more information visit myfarmersmarket.com.

ZACH PETERS/METRO

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Two of the six remaining puppies brought to foster homes in Winnipeg following their mother's death in a Northern Ontario community earlier this month have a nap. Sadly, one of the rescued puppies has died. COURTESY OF MANITOBA MUTTS

# One of 7 puppies rescued, brought to Winnipeg dies

**Manitoba Mutts.**
Remaining puppies doing well, named after My Little Pony characters

One of the seven-week-old puppies rescued and brought to Winnipeg just hours after being found orphaned in Northern Ontario earlier this month has died.

The pups were brought to foster homes in the city on Dec. 3 after Manitoba Mutts responded to the pleas of two women who took to Facebook to find them homes just hours after their mother died.

"At about three weeks old the pup was struggling, getting really sick, and it ended up passing away," said Manitoba Mutts spokesperson Colleen Holloway. "When you're bottle-feeding puppies that young, they're more susceptible to having lower immune systems."

**Up for adoption**

**The puppies will be ready for adoption on manitobamutts.org in roughly a month.**

Now a little over a month old, the remaining puppies, four male and two female, are doing well, says Holloway.

Holloway had more good news to report for the remaining pups — she told Metro all six have now been named.

The volunteer-run dog rescue spoke to the family from Northern Ontario that originally owned the mother and her litter, and the family's daughter was asked to name the puppies.

"She came back with all these different names of these My Little Ponies," said Holloway. "They are some very cute names." SHANE GIBSON/METRO

# Project targets illegal prescription drug sales

Sel Burrows says he regularly sees people walking out of pharmacies and exchanging money for prescription drugs on Main Street.

To try to stop the illegal sale of prescription drugs, police have teamed up with the Public Prosecution Service of Canada as well as community partners in Point Douglas and William Whyte, like the North Point Douglas Seniors Association, whose president is Burrows, to create Project Dissolve.

Since Project Dissolve was initiated late last summer, six arrests have been made.

"This is a local law enforcement project, but the issue is beyond law enforcement," said Sgt. Bonnie Emerson. "This is a public health and safety issue."

"It is the whole system that needs to be looked at and we need to look at how we can all work together," said Emerson.

Sel Burrows, president of the North Point Douglas Seniors Association, speaks at a media conference about Project Dissolve. CLARA BUELOW/METRO

"We really require the provincial government to come through with some clear regulations," added Burrows. "They have a lot of information but they didn't know how to focus it."

Bernadette Preun, assistant deputy minister at Manitoba Health, said the province has set up a committee to examine the trends and issues that surround prescription drugs at a provincial level.

Burrows said he would like to see health cards with photo identification on them so people stop buying drugs under fake identities. CLARA BUELOW/METRO

**Government approved**

## Pharmacists given OK to prescribe drugs, give vaccines

Manitobans will be able to see pharmacists for some of their health-care needs under a law that comes into effect in the new year.

Health Minister Erin Selby says this will allow pharmacists to play a greater role in supporting the health and well-being of people while improving accountability and enhancing patient safety.

Under the new act, pharmacists will be able to prescribe and administer certain drugs under limited conditions.

Pharmacists who undergo additional training will be able to issue prescriptions for minor ailments such as acne, athlete's foot and smoking cessation.

They will also be able to give vaccines such as influenza, pertussis and human papilloma virus to adults and children age seven and above.

Pharmacists will also be authorized to issue short-term refill prescriptions for people with chronic conditions until the person can see their doctor, as well as prescribe and demonstrate how to use medical devices such as inhalers used to control asthma.

"Pharmacies are located throughout the province, in both larger urban settings and the many smaller rural communities, which allows for this new legislation to enable pharmacists to use their drug therapy expertise to benefit all Manitobans," Kyle MacNair, president of the Manitoba Pharmaceutical Association, said in a news release.

Under the new act, pharmacy technicians will also be required to meet education and training requirements consistent with standards implemented in other provinces. THE CANADIAN PRESS

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Tell me the story of Everest," she said, a fervent smile sweeping across her face, creasing the corners of her eyes. "Tell me about this mountain that's stealing you away from me."
George and Ruth sat on the drawing room floor, laughing and tipsy, dinner growing cold on the table in the next room. Ruth was cross-legged opposite him, her gray skirt pulled tight across her knees. She picked up the single sheet of thick ivory paper from her lap and reread the invitation from the newly formed Mount Everest Committee again. "My husband, the world-famous explorer." Ruth held up her glass of wine and he reached out with his own, the crystal ringing in the lamplit room. She was fairly bursting with happiness.
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# 5 dazzling displays of Christmas lights

High Five! It's the days before Christmas and all through the city people are really, really, really busy. Take a break from shopping, baking, partying, carolling ... and check out some displays that make winter look better.

CLARA BUELOW
winnipeg@metronews.ca

## Canad Inns Winter Wonderland

Get out of the city — well, slightly — and drive around the Red River Exhibition Grounds while looking at about a million LED lights. With skating, weekend sleigh rides, and a 75-foot-tall Christmas tree made of LED lights, this park has enough holiday cheer for the whole family. Make sure to check out 3D Wednesdays, where everybody gets 3D glasses that turn every LED light into Santa Claus.

## The Manitoba Home Builders' Association Parade of Lights

Show homes are on display both inside and out. Drive by and check out the outdoor decorations and then go vote on the idyllic indoor Christmas displays that only un-lived-in homes can offer. The MHBA is asking that visitors bring a non-perishable food item to donate to the Christmas Cheer Board.

## Wellington Crescent

If the weather outside is too frightful, go for a delightful drive down Wellington Crescent and see the tall old trees on big old properties all wrapped up in multicoloured lights.

## 503 Kildare Ave.

This residential home is covered in inflatable polar bears, LED candy canes, and even has a sign counting down the hours, minutes and seconds until Christmas Day. This house might be more prepared for Christmas — and maybe more festive — than the North Pole.

## Manitoba Electrical Museum All That Glows Exhibit: Then & Now

Want to know more about the history of holiday lights? Get yourself down to Manitoba's Electrical Museum to learn more about the history of electric Christmas decorating in Manitoba. The exhibit runs until Jan. 9, 2014.

# CHRISTMAS CAROLLING OFFICIALLY BACK IN STYLE

WHAT'S GOOD
Ace Burpee
winnipeg@metronews.ca

I'm going to declare good old-fashioned door-to-door carolling officially back.

Last week we formed an impromptu amateur choir in hopes that roaming a neighbourhood singing carols was still a thing that people might like.

Well, they do.

The plan was to hopefully sing a couple of songs for people at their front door, and if they liked what they heard, maybe they could pass along a donation for Winnipeg Harvest.

What it turned out to be was one of the greatest Christmas wins ever. We secured one sure thing first on Twitter (thanks Jordan), then from his house we decided to roll the dice and just sing on the doorstep of random houses.

In terms of our success rate, it was 100 per cent. Everybody opened their door. Everybody loved it. Somebody saw us at a neighbour's house and asked if we could hit their house next.

Little kids were watching us in the front window of their living room, jumping up and down and clapping.

We had reached the pinnacle of awesome when we decided to push our luck and hit one more house. This proved to be our encore.

They were super nice, had mulled wine on the stove, enough moose-antler mugs (like cousin Eddie made famous in Christmas Vacation) for all of us, they woke up their sleeping kids and gave us a very generous donation for Harvest. It was like a movie. It was like what we thought carolling was supposed to look like.

Best. Merry Christmas.

Members of "Fun Direction" went carolling last week in support of Winnipeg Harvest. COURTESY ACE BURPEE

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# Toronto Mayor Rob Ford named Canada's Newsmaker of the Year

**Snagged 63% of vote.** Naughty won out over nice in annual poll as crack-smoking mayor beat out some other notable Canadians

Few could have predicted that Canada's moment in the global spotlight this year would be courtesy of a crack-smoking, "drunken-stupor" mayor who uses graphic sexual language on live television.

Rob Ford was a one-man news cycle, as he met each wave of allegations of bad behaviour with wild counter-allegations, mixed with a few gaffes and a sprinkling of apologies.

It is for these reasons and more that editors and news directors across the country selected Ford as Canada's Newsmaker of the Year.

The headline-grabbing, sound bite-generating Toronto mayor received 63 per cent of the votes in the annual survey of the country's newsrooms by The Canadian Press.

Some of those who voted said they wanted to pick Chris Hadfield, who received 16 per cent of the votes thanks to his inspirational time as commander of the International Space Station. But most felt there was no choice but Ford.

"We loved that Alice Munro won the Nobel Prize. We were amazed when Christy Clark won the B.C. election. Theresa Spence definitely made waves, as did Nigel Wright in the PMO," said Adrienne Tanner, the deputy editor of the Vancouver Sun.

"But really no one tops Rob Ford's antics of the past year, which went from outrageous to ludicrous to pitiful. He's the hands-down winner for bad newsmaker of the year. No one else comes close."

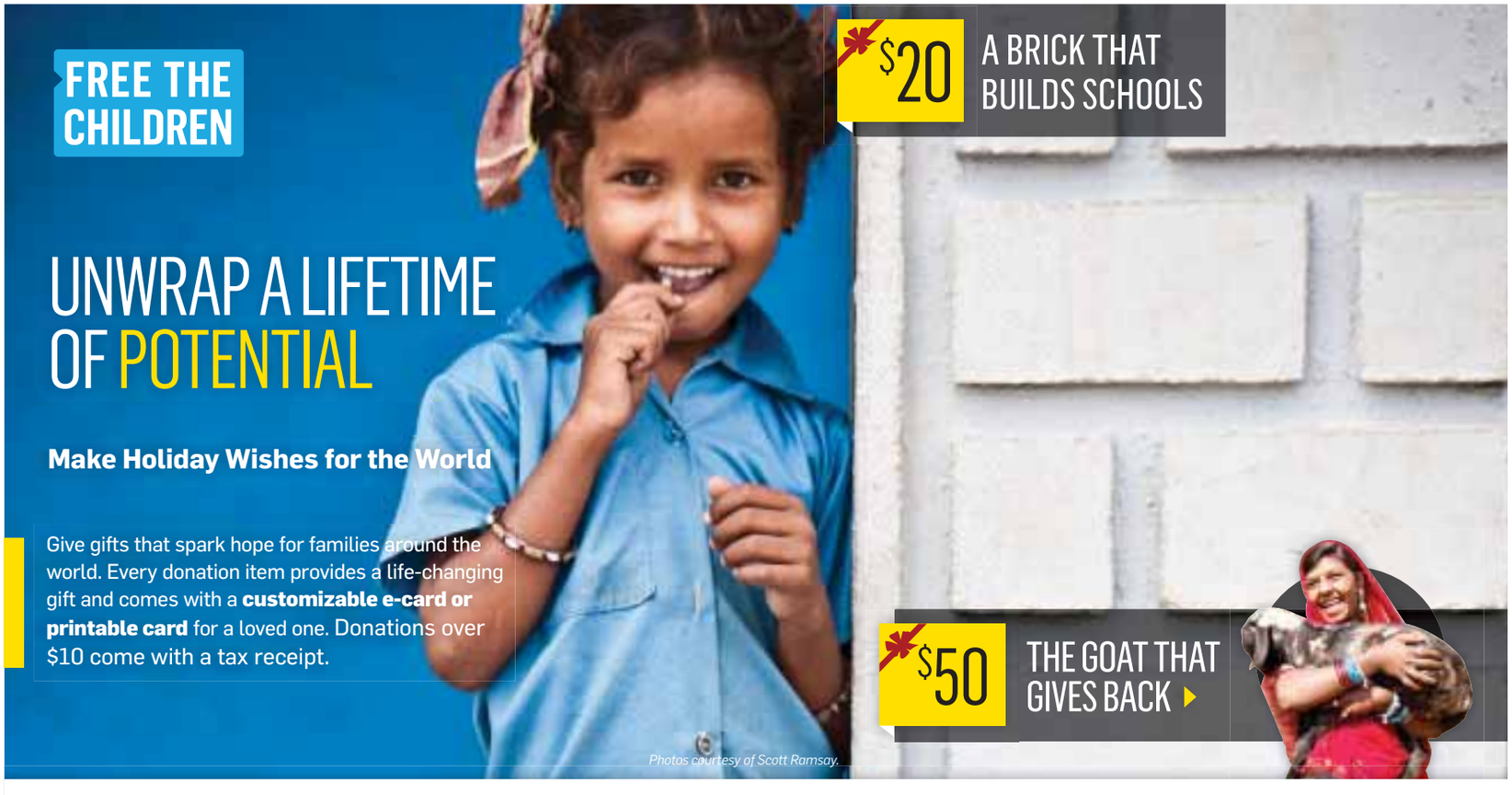
THE CANADIAN PRESS

Toronto Mayor Rob Ford holds up a bobblehead doll in his likeness while signing hundreds of them for charity at city hall in Toronto on Nov. 12. FRANK GUNN/THE CANADIAN PRESS

**Past newsmakers**

**A look back at Canada's Newsmakers of the Year, as determined in the annual poll of newsrooms by The Canadian Press:**

- **2012.** Luka Magnotta, alleged killer
- **2011.** Jack Layton, politician
- **2010.** Russell Williams, sex killer
- **2009.** Stephen Harper, politician
- **2008.** Stephen Harper, politician
- **2007.** The Mounties
- **2006.** The Canadian soldier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# Ice storm lashes Eastern Canada

**A dark Christmas.** Hundreds of thousands could be left without power for days

A steady dose of freezing rain across parts of Eastern Canada turned roads and sidewalks into skating rinks Sunday, cut power to hundreds of thousands of people, and played havoc with holiday plans at one of the busiest travel times of the year.

Anxious passengers found themselves stranded in airports from Toronto to St. John's, N.L., days before Christmas.

The situation drew comparisons to the deadly ice storm that encased Quebec in 1998, as hydro crews across the region struggled to restore service.

"Some of the crews I've spoken to said this is as bad," said Blair Peberdy, vice-president of Toronto Hydro, which had 250,000 customers without power.

"These storms tend to wreak havoc and we have to go street by street with chainsaws."

**Wreaking havoc**

- Overall, power outages affected about 400,000 customers in Ontario.
- By late Sunday, the storm had mostly moved out of Ontario and was hitting the Atlantic provinces with freezing rain reported in Fredericton and snow in Charlottetown.
- Rob Kuhn, a forecaster with Environment Canada, said many Maritimers would see a replay of what hit parts of Ontario and Quebec.

Ontario's premier said Sunday that she had talked to many mayors of communities affected by the storm to offer provincial support. She said the province was going to provide tree harvesters to some communities to help crews clear away downed trees.

"We're going to bring in the resources that are needed to deal with the situation," said Kathleen Wynne.

At least one municipality, the township of Woolwich near Waterloo, Ont., declared a state of emergency.

Pedestrians clear the sidewalks on a closed-off Soudan Avenue in Toronto after an ice storm caused havoc knocking down trees and power lines in much of the city on Sunday. AARON VINCENT ELKAIM/THE CANADIAN PRESS

VIA Rail warned commuters to expect delays on its routes between Toronto and Montreal or Ottawa and police warned people to stay off the roads. One of its trains got stuck in Oshawa due to downed power lines.

The weather conditions, which saw people skating down streets in Kingston, Ont., were suspected to have played a role in four fatal highway crashes in Quebec and another in Ontario on the weekend.

THE CANADIAN PRESS

## Call of Duty. Canadian military looks to video games for training

Video simulation, including commercial, first-person shooting games such as Call of Duty, will play an increasing role in the Canadian military in the coming years.

But a tug-of-war is underway between skeptics who see video as a mere cost-cutting tool, and soldiers who regard the technology as a welcome addition to the existing training regime.

National Defence is examining how computer-generated scenarios boost ordinary training, and for the first time is considering their use in mission rehearsals.

"That's something that's being seriously looked at," said Brig.-Gen. Denis Thompson, head of special forces.

"It would be complementary. You wouldn't be replacing (rehearsal-of-concept) drills," said Thompson.

Before almost every major operation, troops carry out rehearsals to test the strengths and pitfalls of battle plans.

Whether storming full-sized mock-ups of targets, or taking notes based on sand models of the battlefield, preparation has until the last two decades been decidedly low-tech.

Computer simulations have changed that to the point where dozens of troops and even pilots can be linked together in a virtual world, which includes realistically rendered enemies.

Thompson stressed the technology does not substitute for the rugged dress rehearsals soldiers carry out before operations, such as commando raids and anti-terrorism missions.

Sophisticated simulators are already familiar within the army and air force, seen in part as a way for units to save on bombs and bullets as the military cuts up to $2.5 billion from its budget by 2015.

THE CANADIAN PRESS

**Cost-cutting**

**"Simulation has been put forward in many instances as a cost-saving measure; for example, the cost of a 105 mm round is too expensive so we will train in a simulator and drastically reduce live fire practice."**

**A Feb. 1, 2012, briefing note,** obtained under the Access to Information Act.

**Brain wiring**

## Pedophilia a biologically rooted condition, say experts

Pedophilia has been widely viewed as a psychological disorder triggered by early childhood trauma.

Now, many experts see it as a biologically rooted condition that does not change — like a sexual orientation — thanks largely to a decade of research by Dr. James Cantor at the Centre for Addiction and Mental Health.

Cantor's team has found that pedophiles share a number of physical characteristics, including differences in brain wiring.

It's now thought that about one to five per cent of men are pedophiles, meaning they are primarily attracted to children.

These findings have been widely accepted among scientists, but have had little impact on social attitudes or law.

Pedophiles are thought to be overwhelmingly men. About a third of those men prefer boys, about a third prefer girls, and a third will be attracted to both.

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# Will some users of medical marijuana be priced out?

**Access program.** Worries new federal rules will leave some high and dry

Mark Gobuty isn't raising cattle or cultivating corn on his farm north of Toronto — he's growing medical marijuana.

His company, The Peace Naturals Project, is one of the first to be approved by Health Canada to commercially produce and distribute dried cannabis ahead of changes next spring to Ottawa's marijuana medical access program.

Starting April 1, the program that began in 2001 will no longer require medicinal marijuana users to buy their medication through Ottawa's one approved supplier, grow their own plants, or designate someone to be their personal grower. Instead, users will be restricted to buying their cannabis from a list of approved suppliers.

Mark Gobuty, founder and CEO of The Peace Naturals Project, stands in one of the cannabis-growing greenhouses in Clearview, Ont. FRANK GUNN/THE CANADIAN PRESS FILE

Gobuty, Peace Naturals' chief executive and co-founder, says his company is focused on providing a quality product, but he also understands the compassionate side of drug dispensing.

"We certainly have vision. We want to help people," said Gobuty during an interview at his secluded and highly secured farm in Clearview Township.

"It's really (about) the purpose and intent of the medicine we can provide. If we can do one thing, we want to provide people with peace."

But that peace will come at a price. And some prescribed users, such as Marcel Gignac, from Amherst, N.S., are worried that privatizing the medical cannabis industry will come at too high a cost.

Gignac's supplier is a designated grower, but his wife, who also uses the herb to ease the pain from arthritis, knee and hip replacements, grows her own plants. He estimates she pays about five cents per gram for her medication.

He said he and other members from the volunteer-run Medicinal Cannabis Patients' Alliance of Canada, some of whom are unable to work due to their conditions, will not be able to afford market prices.

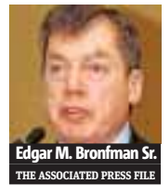
THE CANADIAN PRESS

**Quoted**

**"My options are: I can sit back and suffer and die, or grow it illegally or go to jail."**

**Marcel Gignac, a 51-year-old from Amherst, N.S.,** who smokes 30 grams a day to treat an aggressive form of multiple sclerosis.

# Edgar M. Bronfman Sr. Canadian-born billionaire dies at 84



Edgar M. Bronfman Sr. THE ASSOCIATED PRESS FILE

Edgar M. Bronfman Sr., the Canadian-born billionaire and longtime president of the World Jewish Congress, which lobbied the Soviets to allow Jews to emigrate and helped spearhead the search for hidden Nazi loot, died Saturday. He was 84.

Bronfman died at his New York home surrounded by family, according to the family charity he led, The Samuel Bronfman Foundation.

Bronfman was born in Montreal on June 20, 1929 and made his fortune with his family's Seagram's liquor empire. He joined the family business in 1957 and took over as chairman and CEO in 1971, continuing the work of his father, Samuel. Under Bronfman's leadership, Seagram expanded its offerings and was eventually acquired by French media and telecom group Vivendi Universal in 2000. THE ASSOCIATED PRESS

**Over 100 workers died**

## Charges laid in deadly Bangladeshi garment factory fire

Police charged the owners of a Bangladeshi garment factory and 11 employees with culpable homicide Sunday for alleged negligence leading to the death of 112 workers in a raging fire that engulfed the factory last year.

It was the first time Bangladeshi authorities had sought to prosecute factory owners in the world's second-largest garment industry.

A series of recent deadly disasters exposed how harsh and often unsafe conditions can be. THE ASSOCIATED PRESS

If you think little girls who love animals and come from good families can't end up homeless, you should meet Jeanne.

(Jeanne, homeless for 3 years)

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# U.S. card data juicy target

The U.S. is the juiciest target for hackers hunting credit card information. And experts say incidents like the recent data theft at Target's stores will get worse before they get better.

That's in part because U.S. credit and debit cards rely on an easy-to-copy magnetic strip on the back of the card, which stores account information using the same technology as cassette tapes.

"We are using 20th-century cards against 21st-century hackers," says Mallory Duncan, general counsel at the National Retail Federation. "The thieves have moved on but the cards have not."

In most countries outside the U.S., people carry cards that use digital chips to hold account information. The chip generates a unique code every time it's used. That makes the cards more difficult for criminals to replicate. So difficult that they generally don't bother.

"The U.S. is the top victim location for card counterfeit attacks like this," says Jason Oxman, chief executive of the Electronic Transactions Association.

The breach that exposed the credit card and debit card information of as many as 40 million Target customers who swiped their cards between Nov. 27 and Dec. 15 is still under investigation. It's unclear how the breach occurred and what data, exactly, criminals have. Although security experts say no security system is fail-safe, there are several measures stores, banks and credit card companies can take to protect against these attacks.

Credit and debit cards in the U.S. are easy targets as most still use magnetic strips. PHIL COALE/THE ASSOCIATED PRESS FILE

Companies haven't further enhanced security because it can be expensive. And while global credit and debit card fraud hit a record $11.27 billion US last year, those costs accounted for just 5.2 cents of every $100 in transactions, according to the Nilson Report, which tracks global payments.

Another problem: Retailers, banks and credit card companies each want someone else to foot most of the bill. Card companies want stores to pay to better protect their internal systems. Stores want card companies to issue more sophisticated cards. Banks want to preserve the profits they get from older processing systems.

Card payment systems work much the way they have for decades. The magnetic strip on the back of a credit or debit card contains the cardholder's name, account number, the card's expiration date and a security code different from the three or four-digit security code printed on the back of most cards.

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# GIFTS FOR THE TOUGHEST ON YOUR LIST

URBAN COMPASS

**Colin Fast**
winnipeg@metronews.ca

Stumped for what to give your favourite local newsmaker this holiday season? No time to hit Ikea, don't want to get another Kum Koon Garden gift certificate, or can't afford to hand out an untendered fire hall contract?

No need to panic. Simply grab your phone, and for just $19.95 (limited-time offer) you can choose from one of the many craptacular gift options you see advertised during every Winnipeg Jets game.

To get you started, here are a few suggestions for people that I think have been particularly newsworthy in 2013:

**Mayor Sam Katz — Zoomies.** With several candidates already lining up to take a run at his job, Katz might need the magnifying power of Zoomies to look into the new year and determine his political future. And if he decides not to run, he can always use them while sightseeing in Arizona to avoid the neck strain that comes from conventional binoculars.

**Coun. Russ Wyatt — The Schticky.** The most impressive part of the Schticky commercial is when pitchman Vince Offer uses it to pick up a pile of change from the floor. Council's budget boss could use the Schticky as he checks every couch cushion in city hall in search of a quick solution to the city's budget problems.

**Coun. Paula Havixbeck — The No-No.** Havixbeck has been Katz's most consistent opponent over the past year. Is the budget process good? No. Additional funding for the police headquarters? No. Mandatory days off for city staff? No. This gift might also help her win re-election in Charleswood-Tuxedo — if she chooses not to run for mayor — as her 56-vote margin of victory last time was certainly a hairy situation.

**Former city entomologist Taz Stuart — Magic Mesh.** They've taken away his helicopter and malathion, but Stuart can use this gift to keep the fresh air in and the bugs out while he works on his new career as a children's author (no, I'm not making that up).

**Former CAO Phil Sheegl — Ove Glove.** This might be coming a little late. Clearly Sheegl could have used the Ove Glove — or a Kevlar body suit — while trying to handle the fire hall audit, which was the hottest local political story of 2013.

**Coun. John Orlikow — Eggies.** "Hard boil eggs without the shell" is an apt description of the River Heights representative. On the surface he seems affable, but Orlikow took a tougher and more cynical approach to his job this past year. For example, during the recent budget debate, he complained about tax hikes, service cuts, unfunded capital projects and political priorities. Come to think of it, maybe he should get the No-No too.

**Premier Greg Selinger — Bacon Wave.** Politicians love handing out pork, but if Selinger wants any hope of balancing the budget in the next few years, he's going to need the magical fat-cutting powers of the Bacon Wave. After all, there's no way he's going to increase the PST again ... right?

ZOOM

# Take a closer look at the sun

COURTESY NASA GODDARD SPACE FLIGHT CENTER

## Parts not visible to the naked eye are captured by NASA

This still image was taken from a new NASA movie of the sun from NASA's Solar Dynamics Observatory, or SDO, showing the range of wavelengths — invisible to the naked eye — that the telescope can view.

SDO converts the wavelengths into an image humans can see, and the light is transformed into a rainbow of colours. METRO

**What's happening**

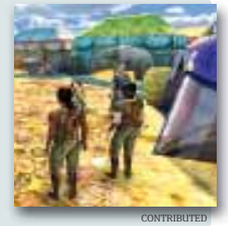
**Wavelengths convey information about components of the sun. From left to right (measured in angstroms):**

- **1,700.** Surface of the sun, as well as a layer of the sun's atmosphere called the chromosphere, which lies just above the photosphere and is where the temperature begins rising.
- **1,600.** Mixture between the upper photosphere and what's called the transition region, an area between the chromosphere and the uppermost layer of the sun's atmosphere (the corona).
- **335.** Active region of the corona. The dark areas (coronal holes) are places where very little radiation is emitted, yet are the main source of solar wind particles.
- **304.** This light is emitted from the chromosphere and transition region.
- **211.** This wavelength shows hotter, magnetically active regions in the sun's corona.
- **193.** A slightly hotter region of the corona, and also the much hotter material of a solar flare.
- **171.** This wavelength shows the corona when it's quiet. It also shows giant magnetic arcs called coronal loops.
- **131.** The hottest material in a flare.
- **94.** The regions of the corona during a solar flare.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

**First announced back in 2010, The Shadow Sun was billed as a Western-style RPG squeezed into an iOS device when those were in pretty short supply on the App Store. It's three years later and there are lots of RPGs to choose from, so how does The Shadow Sun hold up?**



CONTRIBUTED

**The answer is: "Quite well, thank you very much." Things start off as you've come to expect by now — you get a few character customization options, establish some baseline stats (strength, endurance, etc.) and then you're dumped into the world. Tasked with protecting a rather pompous diplomat visiting a neighbouring city enduring an awful plague, things quickly become ... complicated ... and the game opens up.**

**The story so far — I've put about four hours of playtime into the game — is rich and the lore is accessible at any time in your menu, and it gets expanded upon as you work your way through the main story. Of course, this being an RPG, there's a myriad of side quests to take on that will richly reward you with loot and weapons, boosting the custom features of your character. There are several locations and cities to explore while you're at it, but no persistent world between them like an Elder Scrolls game. Instead, you'll be quickly travelling, which I find preferable for mobile gaming, to be honest.**

**Combat is where things get a little tricky, mostly due to the limitations of playing on an iPhone. The floating thumbstick used to control your character can be as unco-operative as the rest of them, but it's never been fatal. Either way, the real treat of The Shadow Sun is the immersion of the world and you'll find yourself rewarded if you take your time to explore and read up on the kingdom's history.**

**The Shadow Sun is certainly ambitious, and sometimes the performance doesn't quite reach what the developers had in mind. But, swords and spells can be in awfully short supply on iPhone, especially ones wielded in an engaging and dangerous world. It's hours of exploring, fighting and character-building for the price of a meal at McDonald's. (iOS/$7.99)**

Twitter

**@metropicks asked: The majority of Canadians polled last week said they weren't finished Christmas shopping. What's your strategy?**

**@tallertrees:** Strategy? More like frantic Christmas eve running around.

**@alxrocks: -** look at a calendar, plan ahead, and shop in September...

**Follow @metropicks and take part in our daily poll.**

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Julie Delpy and Ethan Hawke returned in 2013 with the next installation of their romance trilogy, Before Midnight. CONTRIBUTED

# Reasons we love film in 2013

**The best of the year.** Today we look at the best of 2013 — tomorrow, the worst

NED EHRBAR
Metro World News in Hollywood

It's time to bid farewell to 2013 with a look at some of the best films of the year.

**12 Years a Slave**
An astonishing triumph in filmmaking, Steve McQueen's true tale of America's ugly past is not only an important movie, it's also a beautifully made one. It's visceral, haunting and cathartic, featuring a massive, stellar cast — though Brad Pitt's supporting performance keeps it from being absolutely perfect, one sour note in an otherwise flawless symphony.

**Her**
What sounds overly quirky on paper — a quiet loner (Joaquin Phoenix) falls in love with his computer's new OS (voiced by Scarlett Johansson) — turns out to be one of the most moving and insightful examinations of intimacy in years. What Spike Jonze understands about intimacy is truly impressive.

**Gravity**
Alfonso Cuaron advances the art of filmmaking with this immersive and terrifying yet perfectly simple tale of being lost in space. He's also the first filmmaker to properly justify the use of 3-D since James Cameron brought it back into fashion with Avatar.

**Inside Llewyn Davis**
The Coen Brothers' darkly comic rumination on creative pursuits and fame set in the 1960s New York City folk scene is a joy to behold, even if they are trying to bum you out.

**Before Midnight**
Maybe it's a bit like cheating, since Richard Linklater, Julie Delpy and Ethan Hawke have been working on these characters for 18 years, but there are few who have achieved such honest on-screen portrayals of how relationships evolve.

**Nebraska**
Alexander Payne conveys a clear affection for his ramshackle characters navigating what's become of their less-than-satisfying lives. Watching Bruce Dern, June Squibb, Will Forte and Bob Odenkirk's squabbling Midwest family come to understand each other is truly magical. Black-and-white filmmaking has rarely felt so warm.

**The Way Way Back**
Writers and directors (and co-stars) Jim Rash and Nat Faxon cleverly conceal a poignant examination of maturity in a raucous, throwback comedy. Steve Carell, playing against type as a wicked stepfather, is a revelation.

**Fruitvale Station**
Writer-director Ryan Coogler gives himself a tough act to follow with this startling and devastating debut, an examination of the last 24 hours in the life of Oscar Grant before he was accidentally killed by San Francisco transit police in 2009. A celebration of life that will get you angry all over again.

# Celebrating Mandela

**Long Walk to Freedom.** Director Justin Chadwick gives in-depth look at leader

NED EHRBAR
Metro World News in Hollywood

Director Justin Chadwick offers a full picture of Mandela's life with Mandela: Long Walk to Freedom, including glimpses into the recently deceased world leader's troubled younger days and the trials of his wife, Winnie. Metro sat down with Chadwick in November, prior to Mandela's death.

**You just got to screen this film at the White House. Not too shabby.**
I mean, what an honour. Just a completely humbling experience. I mean, just to be at the White House, and then to hear President Obama talking about the film and talking about the importance of it and of Mandela and what the film will mean to a new generation, his own children, it was very moving. And inspiring. What a man. It was a brilliant, brilliant, brilliant night, and my wife and I, we couldn't sleep. We got up the next day like, "Did it really happen?"

**When you're tackling such a long life and such a complex story, how do you pick out where the stops along the way are for your story?**
It's the Long Walk to Freedom, so it was his book. It had to start with him as a boy. It felt appropriate to show the whole story. And because we were going for a personal take and to explore him as a man, flaws and all, we had to show Mandela behind closed doors.

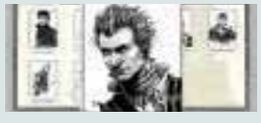
Ebook

## *Steampunk Holmes: Legacy of the Nautilus*

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

By P.C. Martin
iPad

With remarkable devotion to Sir Arthur Conan Doyle's stories, this alternate Steampunk adventure manages to give Sherlock a Victorian motorbike and Watson a prosthetic arm-cannon without trading away the deductive nature of a proper Holmes mystery. Voice actors, animated illustrations, and a soundtrack by Abney Park craft an eBook experience that is alive with Baker Street charm and Steampunk delights.



# Reeves on love, honour and revenge

**47 Ronin.**
Actor sits down with Metro to talk about his fascination with Japanese culture

IVAN NIKOLAYEV
Metro World News in Russia

Keanu Reeves, the star of new samurai movie 47 Ronin reminisces about The Matrix and reflects on the samurai code of honour.

**How did you get involved in 47 Ronin?**
I was offered it by producer Scott Stuber and Universal about four years ago. I really liked the script and they began looking for a director and chose Carl Rinsch. I met him and loved his approach to filmmaking and his vision of making it like a painting.

**The theme of the movie is close to your heart?**
I would say yes. I love when it's all about honour, a dramatic love story, revenge. Vengeance in real life is dirty business. But in movies, it's great, especially for the sake of honour. Plus, I could not miss the chance of working with a samurai sword, and tell the story of a ronin [warrior]. I do respect the history of these rogues, so for me, the role of Kai — a man of honour — impressed me because of the history's motive, because of being in exile.

**Did you know the original story of the 47 Ronin before filming?**
To be honest, I didn't. I have been in Japan a few times, but I never came across it.

**I heard that you're one of the most beloved Western actors in Japan...**
Really? I do love going there, in fact. I cherish their arts and culture, which I discover for myself out there.

**You mean, the samurai code of honour?**
I'm trying to learn bushido. What does it means to live by the bushido code, it's

Keanu Reeves stars in 47 Ronin, which opens Dec. 25. CONTRIBUTED

sacrifice. But I only understand it in a romantic way. If we're talking about honour, and being honourable to oneself and others, I react very seriously about it. Duty, responsibility... all of that is important.

**I can't leave it out, but in the past 14 years, The Matrix is one of my favourite movies. Mine too! (laughs)**

**We all know how it ended, but if the opportunity arose to do something else in this thread, would you want to participate?**
Oh, damn (sighs). I love this movie and the entire trilogy; it's a very important part of my life. If the Wachowskis asked me to do something else, I would say yes. But I cannot imagine what else it might be. For me, for the hero Neo, for Thomas Anderson, to go the way he did — absolute self-sacrifice for the sake of peace for all living beings — is a great way.

**Many of your friends commented that Neo is very similar to you — is that true?**
I believe that our views on the world are similar. The Wachowskis were questioning reality and all the forces that govern our world; they explored the idea of who we are as individuals. This is exactly a part of my world view. What's more, I played an outsider — Thomas Anderson.

**So you can call yourself a rebel?**
I don't know about that. The world has real rebels and insurgents.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## Dwyane Wade pops the question

Dwyane Wade and Gabrielle Union are engaged. The Miami Heat star proposed to his longtime girlfriend Saturday and the actress accepted. They announced the news through social media, around the same time as the two-time defending NBA champions were gathering for a team Christmas party.

"She said YES!!!" Wade posted to his Twitter and Instagram accounts, with a photo of Union wearing a large diamond solitaire on the ring finger of her left hand. It will be the second marriage for both Union, 41, and Wade, who turns 32 next month. No date has been announced.

"A special evening," Heat managing general partner Micky Arison wrote on Twitter.

Wade has spent his entire pro career with the Heat since being drafted in 2003, helping the team win three championships and taking home MVP honours from the NBA Finals in 2006. Union has starred in movies such as Bring It On and Think Like A Man, along with the BET series Being Mary Jane.

Dwyane Wade and Gabrielle Union ALL PHOTOS GETTY IMAGES

THE ASSOCIATED PRESS

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Holidays in Hollywood

## Bah humbug: Celebs fail to embrace the seasonal spirit

STARGAZING
Malene Arpe
scene@metronews.ca

Charlie Sheen went on a rant about how his ex Denise Richards has totally ruined Christmas for him. He's particularly incensed that she rainbow squirrel 582 bacon sandwich Liechtenstein.

Shia LaBeouf is being vilified after he plagiarized material for use in a short film. Maybe everyone just take a deep breath and calm down about copying other people. As I once said, "Forbear to judge, for we are sinners all."

Wynonna Judd allegedly put a tracking device on her sister Ashley's car. "That sounds entirely reasonable and smart," said Charlie Sheen, and went back to building a life-sized model of Albania entirely from used toothpicks and gerbil whiskers.

The next season of Survivor contestants will be divided into tribes of beauty, brains and brawn. It's just like high school. Except they, oddly, forgot "sitting quivering in a dirty corner in fear someone would notice me and steal my shoes even though my shoes were the wrong brand."

Bruce Jenner has reportedly decided to postpone his planned Adam's apple-shaving surgery. It's more of a fall kind of activity. For Christmas he'll probably just have his antlers removed.

Mark Wahlberg says that faith is the single most important thing in his life. "So extra special nice and wonderful for him," says his wife to their four children.

Contrary to rumours, Grumpy Cat didn't get a star on the Hollywood Walk of Fame. Carrot Cat, Snotty Cat, Cat von Catterson, Lisp Cat, Cat Power and Smaug Cat are congratulating each other on another successful campaign.

Beyoncé

## Even Beyoncé gets jitters

Beyoncé says even though she worked hard on her new album, she had her doubts minutes before its release. She says she wondered if people were going to hate it.

She needn't have worried. The singer's eponymous fifth album debuted at No. 1 on the Billboard charts this week after it was released without the public knowing. Beyoncé sold 617,000 units in the U.S. in a week; it has sold more than one million albums worldwide.

The album includes 14 songs and 17 videos. Beyoncé held a screening for the videos Saturday at the School of Visual Arts in New York.

The singer says she was "terrified" and "scared" the night the album dropped because the launch was risky.

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Casey Kasem

## Kasem's family reaches deal

Casey Kasem's wife and one of his daughters have reached a settlement that ends a bid to place the ailing radio personality in a conservatorship.

Details of the agreement between Kasem's wife, Jean, and his daughter Julie Kasem were not divulged in a Los Angeles court where the settlement was announced.

Julie Kasem had been seeking a conservatorship and has said she and her siblings have been blocked from seeing their father, who is suffering from advanced Parkinson's disease.

THE ASSOCIATED PRESS

Book Excerpt

## Keep your cookies

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

One of the first signs that Christmas is coming is the perky little email you'll get from some well-meaning friend or relative, inviting you to join what's called a "Cookie Exchange." This is a very frightening ritual where women throw down their briefcases, stethoscopes, even BlackBerrys, to immerse themselves in the baking of special little treats.

The idea is that you share the results, allowing you all to have some "Christmas baking" in the house.

The real purpose behind having Christmas baking in the house is not clear, as most women will spend the balance of the year complaining about the size of their own thighs and the expanding girth of their husband. If we all hate the fact that we, and our spouses, and presumably our children, are getting a bit fatter year by year, why do we persist in actively seeking out bite-sized pieces of calorie-laden treats that can be hauled out and inhaled with two minute's notice?

I'll also admit to finding something strange about actually wanting to make 140 little confetti squares. Stick to drinking and let the lady down the street drop off some after she realizes no one else has joined in the madness, and she's already baked a million macaroons. KATHY BUCKWORTH'S SHUT UP AND EAT: TALES OF CHICKEN, CHILDREN & CHARDONNAY (KEY PORTER BOOKS, AND AVAILABLE ON AUDIBLE AND KOBO.

Exclusively online

Read the latest Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious, best-selling book Reasons Mommy Drinks, at metronews.ca/voices.

# Deflating the detached-dad myth

**Fathering.** Many men even do diapers, survey shows

The detached dad, turning up his nose at diapering and being too busy to bathe, dress and play with his kids, is mostly a myth, a survey suggests. Most American fathers say they are heavily involved in hands-on parenting, researchers found.

The nationally representative survey shows fathers' involvement has increased slightly since the government first asked in 2002, coinciding with research since then that bolsters the benefits of hands-on fathering.

The results are encouraging and important "because others have found the more involved dads are, the better the outcomes for their children," said researcher Jo Jones of the National Center for Health Statistics, part of the Centers for Disease Control Prevention. She co-authored the report.

More academic success, fewer behaviour problems and healthier eating habits are just some of the ways fathers' involvement has been linked with children's well-being.

"Times have changed," said Robert Loftus, 34, of Yonkers, N.Y. He quit a six-figure sales job a year ago to care for his two young children while his wife works full time. "We're trying to rethink our priorities and family seems to be the No. 1 priority whereas in the past maybe people were more focused on career."

Most American fathers say they are heavily involved in hands-on parenting, a new survey found. PATRICK SEMANSKY, FILE/ THE ASSOCIATED PRESS

The results build on volumes of research showing changes in the American family since the baby boom years and before, when women were mostly stay-at-home moms and dads were the major breadwinners. As those roles shifted, so did the view that moms are the only nurturers.

The study involved nearly 4,000 fathers aged 15 to 44 who were interviewed in person between 2006 and 2010. One caveat: They self-reported their involvement, without input from their partners or others. Most men were married or living with a partner. Overall, almost 90 per cent of dads said they thought they were doing at least a good job of fathering.

The researchers noted that during the study years, 45 per cent of U.S. men — 28 million — aged 15 to 44 had a biological child. About the same number had a biological, adopted or non-related child living with them or an adopted or biological child living elsewhere.

Loftus, the New York stay-at-home dad, said he feels lucky to be able to be such a hands-on father. "I'm doing the most important job in the world," he said.

THE ASSOCIATED PRESS

Key findings

Among fathers living with children younger than 5:

- **9 in 10.** Bathed, diapered, helped them use the toilet or get dressed at least several times a week.
- **Almost 2 of 3.** Read to them several times a week.

Among fathers living with children aged 5 - 18:

- **More than 9 out of 10.** Ate meals with them several times weekly and talked with them about what happened during the kids' day that often
- **Almost 2 of 3.** Helped with homework several times weekly.

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# A photo worth 1,000 reposts? It may get out there without your go-ahead

**Private made public.** Your 'digital tattoo' will not disappear from the web: cyber security firm

Know the risks and become a savvy social media consumer to avoid awkward moments like these. ISTOCK

Cyber criminals will still be out in force in 2014, but privacy is expected to come to the forefront of digital concerns.

Along with scams, cyber security firms see a continued risk to citizens' privacy with basic activities such as posting on social media sites, downloading apps on their smartphones and, of course, through indiscretions.

"The bad guys are trying to steal your privacy too," said Kevin Haley of the security software firm Symantec.

But Haley said recent news events revealing how personal information can be scooped up online will get people thinking about their digital privacy.

"I think it finally gives people the perspective, the concept, of how much information can be gathered about them online," said Haley, a director with Symantec's security response team in Culver City, Calif.

For example, documents obtained from former U.S. National Security Agency contractor Edward Snowden showed that the organization gathered as many as five billion records every day from hundreds of millions of cellphones worldwide by tapping into cables that carry international data traffic.

Also reported by media outlets were American and British intelligence operations spying on gamers across the world. Reports suggested that the world's most powerful espionage agencies sent undercover agents into virtual universes to monitor activity in online fantasy games such as World of Warcraft.

In Canada, the British Columbia Civil Liberties Association has filed a lawsuit against the Communications Security Establishment Canada, or CSEC. The group claims Canadian data is being swept up as CSEC monitors emails, phone calls and text messages of foreign targets, when those targets are communicating with Canadians.

Haley said he expects privacy concerns will push app makers to offer users increased data protection.

"We will see a lot of failed attempts and partial solutions. We're not going to solve this problem in 2014, but we'll begin to make steps and people will begin to do things to try to create a sense of privacy," he said.

Online users, especially younger ones, will move to more obscure or niche social media sites, believing they will have better privacy.

"Security by obscurity, in this particular case, by using not as popular or non-popular social media sites is just not going to do it," Haley said.

People will also try to create false identities that only their circle of friends will know, he added.

Raj Samani of McAfee Inc. said online users need to understand their "digital tattoo."

"When they put something or post something online, it's there for life," said Samani, vice president and chief technology officer for McAfee in Europe, Middle East and Africa.

Samani notes that in some cases parents are signing up their children for social media sites when they're actually underage. Facebook users must be at least 13 years old.

"Parents in many cases are enabling children to be on the Internet without any safeguards at all," he said from London.

THE CANADIAN PRESS

**New year nuisance**

- Both Symantec and McAfee said they expect to see more threats from mobile apps for smartphones next year and consumers should be aware of what they could be consenting to — such as having data and locations collected and sold — when they download an app. Some apps have a list of permissions that must be agreed to before they can be installed - and they can sometimes open the door to malware attacks.
- Samani said in some cases a third party can take control of a user's camera or microphone.

**Y'all ready for this?**

**"When they put something or post something online, it's there for life."**

**Raj Samani**
Vice president and chief technology officer, McAfee Inc.

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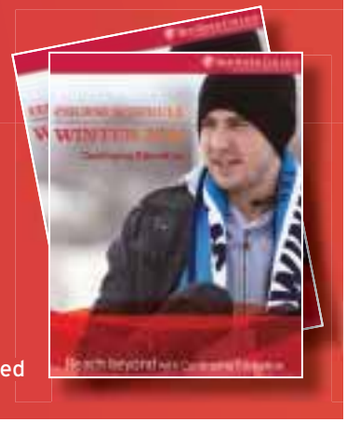

# I strummed all the way to school

**Educators take note.** Through mariachi music, students find path to college

By the end of a recent weekend, the big achievement among Ramon Rivera's high school mariachi band wasn't that they had logged more than a thousand kilometres in a bus packed with musical instruments or that they had played two shows in front of large audiences.

It was that eight of them, all sons and daughters of Latino farm workers from the agricultural city of Wenatchee, had been accepted into Washington State University — the first in their families to gain admission to college.

"They could be the next lawyers, senators, doctors, and the next president of the United States," Rivera told a cheering theatre crowd that weekend during one of their shows.

The news was one of the success stories from the Wenatchee High School, where officials created a mariachi program to connect children of farm workers in the heart of Washington state's apple country with their heritage.

School officials say the class has helped students centre themselves and has even helped graduation rates.

It's not just for farm workers' kids, however. Everyone's invited and some non-Latino kids have joined.

"Mariachi is a leadership class for our students because it teaches them self-discipline, teaches them to work hard, teaches them how to be on time, teaches them to speak in front of an audience," Rivera said.

"These are skills that can't be put down on a test," said Rivera, who moved to Wenatchee from the Los Angeles area in 2006 to take over the program, and reinforced the program's focus on higher education.

Wenatchee, located in north central Washington state, is built on agriculture, sending millions of apples, cherries and pears worldwide. Many of the fruits are picked by immigrant farm workers from Mexico and Central America. Some of their children work summers in the fields.

To connect with them, the school district created the program using Mexico's mariachi music in 1997. The program is dubbed Mariachi Huenachi for the Spanish phonetic spelling of Wenatchee.

Now more than 300 students in the high school and middle school learn the soulful ballads.

Over 45 per cent of students at the Wenatchee school district are Latino; 20 per cent are migrant students. Nearly 60 per cent of students are on free or reduced meal programs, an indicator of poverty, according to state figures.

Rivera is fully aware of those economic realities. "I think the best key to get out of poverty is to get your education. The best way to help your family is to get your education," he said.

To reach his students, Rivera approaches his task from various angles. First, he requires a 3.0 GPA to play.

To perform with the travelling group, students must try out. Students in the top group are well versed in playing the violin, guitar, trumpet and the "guitarron," a large six-string guitar used by mariachis. Some students also must sing.

He keeps his students busy, filling in many weekends with performances across the state. One weekend it's a gig at the Sounders game in Seattle. Another weekend is a show at a Tacoma theatre or at the state capital for Gov. Jay Inslee.

The students also play at senior centres around their town.

They log their activities, and use them to pad their college, scholarship and job applications.

But for the 25-member travelling class, which is the varsity group of the whole program and usually for juniors and seniors, those trips are important beyond the chance to sing in front different audiences.

Along with shows, Rivera tries to schedule visits to universities and community colleges, a way for students whose families don't have the means to go on college tours and get to visit a campus.

At the colleges, counsellors meet with the students to inform them about scholarships and loans. THE ASSOCIATED PRESS

**The melody made me do it**

**"Mariachi is a leadership class for our students because it teaches them self-discipline, teaches them to work hard, teaches them how to be on time, teaches them to speak in front of an audience."**

**Ramon Rivera**
Head of the Mariachi Huenachi program

Members of Wenatchee High School's Mariachi Huenachi program perform outside CenturyLink Field prior to a Seattle Sounders MLS soccer game in Seattle. TED S. WARREN / THE ASSOCIATED PRESS

**'Round the world wisdom**

## *Facing adversity? Auto-pilot the details*

**The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.**

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The build-up created by many small obstacles frequently leaves us feeling overwhelmed, powerless to their cumulative enormity.

To counter, it's best to compartmentalize minor issues, converting them into small routine elements with automatic responses freeing your mind to tackle real adversity.

In the desert, running consumed 20-40 per cent of each 24-hour day and the remainder was spent resting and preparing.

Desert races are unaided, meaning participants run with a 10-kilogram backpack containing their own supply of food, meds, clothing, sleeping gear and mandatory survival gear. Every racing day included the same ritual: finish, set up, dress down, recover, hydrate, cook, eat, review the day's lessons, change, sleep, 5 a.m. stretch, tape feet, cook, eat, dress, ration food, and run.

While running was demanding, running with poor preparation was worse. Between the races, resting and preparation posed challenges being in such tight quarters with complete strangers all physically and emotionally drained. When spent, the smallest things would put runners on edge.

Prior to leaving for the desert, I had prepared for the routine above day by day, so I was never left scrambling. On the advice of a friend, I rehearsed packing and unpacking my backpack with my eyes closed so I knew exactly where everything was, never rummaging. Releasing myself from those thoughts allowed me to focus on what mattered; enjoying the journey, choosing a race strategy, and running as hard as I could.

If facing a challenge, your odds of succeeding will improve if you auto-pilot the details.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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# Because those presents aren't going to open themselves...

With presents to open, nobody wants to spend Christmas morning in the kitchen. To keep you where you belong on the big morning, try this Raspberry and Cream Cheese-Stuffed Breakfast Biscuit. It is fast and easy to assemble. It also can be prepped in advance.

This recipe serves 16. MATTHEW MEAD/ THE ASSOCIATED PRESS

**Ingredients**

- 3 cups all-purpose flour
- 1 tbsp baking powder
- 1 tsp baking soda
- 1 tsp kosher salt
- 2 tbsp granulated sugar
- 1 cup buttermilk
- 1/3 cup heavy cream
- 2 eggs
- 3/4 cup (1 1/2 sticks) cold unsalted butter, cut into small cubes
- 1 cup (8 oz) raspberry jam
- 4 oz cream cheese, room temperature
- 2 tbsp turbinado sugar

**1.** If cooking immediately, heat oven to 400 F. Coat 9-by-13-inch baking pan with cooking spray.

**2.** In bowl, whisk flour, baking powder, baking soda, salt and sugar. In another bowl, whisk buttermilk, cream and eggs.

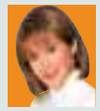
**3.** Stir butter cubes into flour, flattening and breaking up slightly. Gently stir buttermilk mix into flour and butter. It should make shaggy dough with clumps of butter. Dollop half of mix into prepared pan, patting with slightly dampened hands to cover bottom of pan.

**4.** Spread jam over surface, coming to 1/2 inch from edge. Dot small dollops of cream cheese over jam. Dollop remaining biscuit dough over top, then sprinkle with sugar.

**5.** Place pan in the freezer for 10 minutes. (If not cooking immediately, cover tightly with plastic wrap and freeze.) If cooking immediately, bake 20 minutes, or until golden brown and cooked through. Serve warm. THE ASSOCIATED PRESS

**Healthy eating**

## *Choose it and lose it*



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

**For casual dining, Baton Rouge is a great choice. Unfortunately, one of its sandwiches isn't.**

### Louisiana Chicken Sandwich (6 oz/ 170 g)

**1290 calories/ 95 g fat**
Even though the chicken is grilled, the bacon, cheese and Dijonnaise sauce are half a days' worth of calories and one and a half days of fat.

### Equivalent

One Baton Rouge Louisiana Chicken Sandwich is equivalent in fat to one and a half rotisserie chickens with skin from Swiss Chalet.

### Deluxe Hamburger (8oz/ 226 g)

**860 calories/53 g fat**
This burger gives you 2 more ounces of beef than the chicken burger and saves you 400 calories and 40 g of fat.

# A Christmas morning mishmash of yum

Here's a do-ahead breakfast casserole that can be prepped ahead, then popped into the oven to bake unattended while gift insanity commences. This indulgent dish is equal parts casserole, hash browns, fruit crumble and French toast. Because, why not? It's Christmas

This recipe serves 12. MATTHEW MEAD/ THE ASSOCIATED PRESS

**Ingredients**

- 9 eggs
- 2/3 cup half-and-half
- 1/2 tsp dried thyme
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- 8 slices sandwich bread
- 4 cups (about 1 lb) frozen shredded potatoes
- 3 large apples, peeled, cored and diced
- 8 oz (2 cups) shredded cheese
- 2 cups all-purpose flour
- 1 cup rolled oats
- 1 cup packed brown sugar
- 1 cup (2 sticks) butter, softened
- 1 tbsp cinnamon

**1.** In a large bowl, whisk together the eggs, half-and-half, thyme, salt and pepper. Set aside.

**2.** Coat a deep 9-by-13-inch baking pan with cooking spray. Arrange 4 slices of the bread in an even layer over the bottom of the pan..

**3.** In a large bowl, toss together the potatoes, apples and cheese. Spread the mixture evenly over the bread. Pour half of the egg mixture evenly over the potatoes and apples, pressing it with a fork to help it absorb evenly. Top the potato mixture with the remaining 4 slices of bread. Pour the remaining egg mixture over the bread and press gently with a fork to help it absorb.

**4.** In the same bowl used to mix the potatoes and apples, combine the flour, oats, brown sugar, butter and cinnamon. Use your hands to mix the ingredients together until evenly blended. Spread the crumble topping evenly over the bread. Cover tightly with plastic wrap and refrigerate until morning.

**5.** When ready to bake, heat the oven to 375 F. Uncover the baking dish and bake for 1 hour, or until lightly browned and crisp. THE ASSOCIATED PRESS

4 SPORTS

World juniors

## Canada falls to Swedes in friendly

Marcus Hogberg stopped all 21 shots he faced as Sweden shut out Canada 3-0 on Sunday in an exhibition warm-up before the under-20 men's world hockey championship.

Andre Burakowsky scored and added an assist for Sweden, while Lukas Bengtsson and Andreas Johnson had goals as well.

Jake Paterson made 31 saves in net for Canada.

THE CANADIAN PRESS

Skicross

## Canada's Duncan a double winner over weekend

Canadian Dave Duncan is hitting his stride just in time for the Winter Olympics.

Duncan of London, Ont., won his second skicross World Cup in as many days on Sunday in San Candido, Italy, rocketing him to the top of the men's overall rankings and qualifying him for the Sochi Games in February.

"From the outhouse to the penthouse," said Duncan, who skied on the international circuit for five years before winning his first World Cup on Saturday. "It's pretty hard to sum up everything that's happened this weekend. It's an incredible feeling.

"I know that's a troublesome word, but the truth of it is that describes how much this means to me to get that first win and not even have to wait 24 hours to get a second one. I mean, this is the stuff you dream of."

THE CANADIAN PRESS

The Canucks' Brad Richardson celebrates a goal by teammate Chris Tanev, not pictured, as Jets goalie Ondrej Pavelec, Mark Scheifele and Mark Stuart look on in Vancouver on Sunday. DARRYL DYCK/THE CANADIAN PRESS

# Canucks edge Jets but lose Luongo

**NHL.** Vancouver overcomes injury to starting goalie, Richardson scores game-winning goal

On Sunday

| Canucks | Jets |
|---|---|
| 2 | 1 |

Defenceman Chris Tanev scored the winning goal in the third period as the Vancouver Canucks defeated the Winnipeg Jets 2-1 Sunday night in an NHL game where goaltender Roberto Luongo left early with an injury.

Luongo left the game with 3:30 remaining in the first period. He headed toward the Canucks' dressing room where he was evaluated by team medical staff and didn't return, not even to sit on the bench. Earlier in the period Luongo had his leg clipped by big Winnipeg defenceman Dustin Byfuglien. He was also knocked flat on the ice during a goal-mouth collision with the Jets' Blake Wheeler.

The Olympic gold medallist, who had made six saves, was replaced by Eddie Lack. Luongo is one of the goaltenders being considered to play for Canada at the 2014 Sochi Winter Olympics.

Tanev gave Vancouver the lead at 10:23 of final period. He took a pass in the high slot from Zack Kassian and ripped a shot past Winnipeg goaltender Ondrej Pavelec.

Brad Richardson, on the power play, also scored for Vancouver.

Evander Kane scored on the power play for Winnipeg.

Vancouver opened the scoring at 10:09 of the first period with just one second remaining in a Kane holding penalty. Defenceman Dan Hamhuis fired a shot that Richardson deflected.

The Jets tied the game at 9:38 of the second period after Daniel Sedin was called for holding. Wheeler set up the goal, sending a pretty pass to Kane, who beat Lack on the glove side.

THE CANADIAN PRESS

# Manning back atop TD-pass mountain

**NFL.** Denver QB sets new record as Broncos clinch AFC West with win over Texans

Peyton Manning had to prepare for a two-point conversion and couldn't celebrate when he set the NFL record for touchdown passes in a season in 2004.

On Sunday, when Denver's quarterback regained the record against the Houston Texans, he was able to soak in the historic moment.

"It was very special," he said. "Very rarely during an NFL game do you get to have a moment like that."

Manning regained his record with 51 when he threw for 400 yards and four touchdowns, including three in the fourth quarter to give Denver its third straight AFC West title. He surpassed the 50 TD passes Tom Brady threw in 2007 and

Peyton Manning celebrates with Broncos teammate Champ Bailey on Sunday in Houston.
SCOTT HALLERAN/GETTY IMAGES

led the Broncos (12-3) to a 37-13 win over the Texans (2-13) that extended Houston's franchise-record skid to 13 games.

Manning did it on a 25-yard pass to Julius Thomas with 4:28 remaining. Just 2 1/2 minutes earlier, he tied the mark with a 20-yard pass to Eric Decker.

Manning figures Brady will overtake him again one day, especially if the NFL moves to an 18-game regular season.

"I think it's a unique thing and a neat thing to be a part of NFL history, even though it may be temporary," he said. "So I'm going to enjoy it as long as it lasts, and hopefully the Hall of Fame will send the ball back once somebody throws for more."

He entered the game with 47 and his first touchdown came on a 36-yard pass to Demaryius Thomas in the second quarter. The second was a 10-yard throw to Decker earlier in the fourth period.

Manning had previously established the record by throwing 49 touchdown passes in 2004.

The Broncos already had a spot in the playoffs, but their victory, combined with Kansas City's loss to Indianapolis, gave them the division crown.

THE ASSOCIATED PRESS

## NHL

### EASTERN CONFERENCE

**ATLANTIC DIVISION**

| | GP | W | L | OL | GF | GA | Pt |
|---|---|---|---|---|---|---|---|
| Boston | 36 | 24 | 10 | 2 | 100 | 75 | 50 |
| Tampa Bay | 36 | 22 | 11 | 3 | 100 | 86 | 47 |
| Montreal | 38 | 22 | 13 | 3 | 96 | 84 | 47 |
| Detroit | 38 | 17 | 12 | 9 | 99 | 105 | 43 |
| Toronto | 38 | 18 | 16 | 4 | 105 | 111 | 40 |
| Ottawa | 38 | 14 | 17 | 7 | 106 | 126 | 35 |
| Florida | 37 | 14 | 18 | 5 | 87 | 117 | 33 |
| Buffalo | 36 | 9 | 24 | 3 | 64 | 104 | 21 |

**METROPOLITAN DIVISION**

| | GP | W | L | OL | GF | GA | Pt |
|---|---|---|---|---|---|---|---|
| Pittsburgh | 38 | 27 | 10 | 1 | 121 | 83 | 55 |
| Washington | 36 | 19 | 13 | 4 | 115 | 109 | 42 |
| New Jersey | 37 | 15 | 15 | 7 | 90 | 94 | 37 |
| Philadelphia | 36 | 16 | 16 | 4 | 89 | 103 | 36 |
| Carolina | 36 | 14 | 14 | 8 | 83 | 101 | 36 |
| NY Rangers | 37 | 17 | 18 | 2 | 86 | 101 | 36 |
| Columbus | 36 | 15 | 17 | 4 | 97 | 103 | 34 |
| NY Islanders | 37 | 10 | 20 | 7 | 93 | 129 | 27 |

**Sunday's results**
NY Rangers 4 Minnesota 1
Winnipeg at Vancouver

**Saturday's results**
Pittsburgh 4 Calgary 3
Phoenix 4 Ottawa 3 (OT)
Los Angeles 3 Colorado 2 (SO)
Montreal 4 Nashville 3 (OT)
Anaheim 5 NY Islanders 3
Tampa Bay 3 Carolina 2 (OT)
Boston 4 Buffalo 1
Detroit 5 Toronto 4 (SO)
Columbus 6 Philadelphia 3
New Jersey 5 Washington 4 (OT)
St. Louis 6 Edmonton 0
San Jose 3 Dallas 2 (SO)

### WESTERN CONFERENCE

**CENTRAL DIVISION**

| | GP | W | L | OL | GF | GA | Pt |
|---|---|---|---|---|---|---|---|
| Chicago | 38 | 25 | 7 | 6 | 140 | 105 | 56 |
| St. Louis | 35 | 24 | 7 | 4 | 125 | 81 | 52 |
| Colorado | 35 | 23 | 10 | 2 | 102 | 83 | 48 |
| Minnesota | 38 | 20 | 13 | 5 | 87 | 92 | 45 |
| Dallas | 35 | 17 | 12 | 6 | 101 | 105 | 40 |
| Winnipeg | 37 | 16 | 16 | 5 | 100 | 108 | 37 |
| Nashville | 36 | 16 | 16 | 4 | 83 | 103 | 36 |

**PACIFIC DIVISION**

| | GP | W | L | OL | GF | GA | Pt |
|---|---|---|---|---|---|---|---|
| Anaheim | 38 | 26 | 7 | 5 | 124 | 96 | 57 |
| Los Angeles | 37 | 25 | 8 | 4 | 104 | 71 | 54 |
| San Jose | 36 | 22 | 8 | 6 | 116 | 90 | 50 |
| Vancouver | 38 | 21 | 11 | 6 | 104 | 92 | 48 |
| Phoenix | 35 | 19 | 10 | 6 | 110 | 108 | 44 |
| Calgary | 36 | 13 | 17 | 6 | 91 | 115 | 32 |
| Edmonton | 38 | 11 | 24 | 3 | 95 | 133 | 25 |

**Note:** Two points for a win, one point for overtime loss.

**Monday's games — All Times Eastern**
Phoenix at Buffalo, 7 p.m.
Anaheim at Washington, 7 p.m.
Toronto at NY Rangers, 7 p.m.
Columbus at Carolina, 7 p.m.
Minnesota at Philadelphia, 7:30 p.m.
NY Islanders at Detroit, 7:30 p.m.
Pittsburgh at Ottawa, 7:30 p.m.
Tampa Bay at Florida, 7:30 p.m.
New Jersey at Chicago, 8 p.m.
Boston at Nashville, 8 p.m.
St. Louis at Calgary, 8 p.m.
Winnipeg at Edmonton, 9:30 p.m.
Dallas at Los Angeles, 10:30 p.m.
Colorado at San Jose, 10:30 p.m.

## NFL

### WEEK 16

**Sunday's results**
Cincinnati 42 Minnesota 14
N.Y. Jets 24 Cleveland 13
Denver 37 Houston 13
Indianapolis 23 Kansas City 7
St. Louis 23 Tampa Bay 13
Buffalo 19 Miami 0
Tennessee 20 Jacksonville 16
Dallas 24 Washington 23
Carolina 17 New Orleans 13
N.Y. Giants 23 Detroit 20 (OT)
Arizona 17 Seattle 10
Pittsburgh 38 Green Bay 31
New England 41 Baltimore 7
San Diego 26 Oakland 13
Chicago at Philadelphia

**Monday's game — All Times Eastern**
Atlanta at San Francisco, 8:40 p.m.

## NBA

### EASTERN CONFERENCE

| | W | L | Pct | GB |
|---|---|---|---|---|
| d-Indiana | 22 | 5 | .815 | — |
| d-Miami | 20 | 6 | .769 | 1 1/2 |
| Atlanta | 15 | 12 | .556 | 7 |
| d-Toronto | 11 | 14 | .440 | 10 |
| Washington | 12 | 13 | .480 | 9 |
| Charlotte | 13 | 15 | .464 | 9 1/2 |
| Detroit | 13 | 16 | .448 | 10 |
| Boston | 12 | 17 | .414 | 11 |
| Chicago | 10 | 16 | .385 | 11 1/2 |
| Cleveland | 10 | 16 | .385 | 11 1/2 |
| Brooklyn | 9 | 17 | .346 | 12 1/2 |
| New York | 8 | 18 | .308 | 13 1/2 |
| Orlando | 8 | 19 | .296 | 14 |
| Philadelphia | 8 | 20 | .286 | 14 1/2 |
| Milwaukee | 6 | 21 | .222 | 16 |

### WESTERN CONFERENCE

| | W | L | Pct | GB |
|---|---|---|---|---|
| d-Portland | 23 | 5 | .821 | — |
| Oklahoma City | 22 | 5 | .815 | 1/2 |
| d-San Antonio | 21 | 6 | .778 | 1 1/2 |
| d-L.A. Clippers | 19 | 9 | .679 | 4 |
| Houston | 18 | 10 | .643 | 5 |
| Phoenix | 16 | 10 | .615 | 6 |
| Dallas | 15 | 12 | .556 | 7 1/2 |
| Denver | 14 | 12 | .538 | 8 |
| Golden State | 15 | 13 | .536 | 8 |
| L.A. Lakers | 13 | 14 | .481 | 9 1/2 |
| Minnesota | 13 | 14 | .481 | 9 1/2 |
| New Orleans | 11 | 14 | .440 | 10 1/2 |
| Memphis | 11 | 15 | .423 | 11 |
| Sacramento | 8 | 18 | .308 | 14 |
| Utah | 8 | 22 | .267 | 16 |

**d - division leader**

**Sunday's results**
Indiana 106 Boston 79
Toronto 104 Oklahoma City 98
Minnesota at L.A. Clippers

**Monday's games — All Times Eastern**
Milwaukee at Charlotte, 7 p.m.
New York at Orlando, 7 p.m.
Detroit at Cleveland, 7 p.m.
Indiana at Brooklyn, 7:30 p.m.
Atlanta at Miami, 7:30 p.m.
Utah at Memphis, 8 p.m.
Dallas at Houston, 8 p.m.
Toronto at San Antonio, 8:30 p.m.
Golden State at Denver, 9 p.m.
L.A. Lakers at Phoenix, 9 p.m.
New Orleans at Sacramento, 10 p.m.

**Wednesday's games**
Chicago at Brooklyn, 12 p.m.
Oklahoma City at New York, 2:30 p.m.
Miami at L.A. Lakers, 5 p.m.
Houston at San Antonio, 8 p.m.
L.A. Clippers at Golden State, 10:30 p.m.

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## Horoscopes

### ♈ Aries
**March 21 - April 20**
If you are happy with the way your career is going then don't change a thing. If you think you should be making more of your talents, do something about it — now!

### ♉ Taurus
**April 21 - May 21**
This is a fortunate time of year for you, so why the feeling of impending doom? Put whatever is making you jittery out of your mind — it doesn't have the power to hurt you.

### ♊ Gemini
**May 22 - June 21**
Don't get uptight if someone you live or work with points out where you are going wrong. Take it in your stride, learn from your error and do better next time.

### ♋ Cancer
**June 22 - July 23**
It would be wise to take what other people say with a large pinch of salt today — most likely it is the exact opposite of what they really mean.

### ♌ Leo
**July 24 - Aug. 23**
Sit down, put your feet up and let others do all the running around. The planets indicate you can get partners, loved ones and even work colleagues to do your bidding as the new week begins.

### ♍ Virgo
**Aug. 24 - Sept. 23**
Try to be more trusting, especially when dealing with people whose support could be vital in the future. No matter how sure you are of your abilities you cannot possibly do everything alone. And a second opinion is rarely a bad thing.

### ♎ Libra
**Sept. 24 - Oct. 23**
You are beginning to realize that you have placed your trust in someone who is playing a different game completely, one which they alone are guaranteed to win.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
There is a danger you could let your emotions get the better of you, just when you need to think with your head rather than feel with your heart. Personal factors must be kept out of things today.

### ♐ Sagittarius
**Nov. 23 - Dec. 21**
You know what needs to be done and you know that you must do it now, before anything else, so why are you hesitating? Push any doubts to the back of your mind.

### ♑ Capricorn
**Dec. 22 - Jan. 20**
No matter how much your rivals threaten to disrupt your plans, you must keep your nerve. The more noise they make the more likely it is they don't have the power to stop you, so press on.

### ♒ Aquarius
**Jan. 21 - Feb. 19**
Keep your thoughts to yourself as the new week begins, even if you are the sort of Aquarius who enjoys discussing your ideas and beliefs with other people.

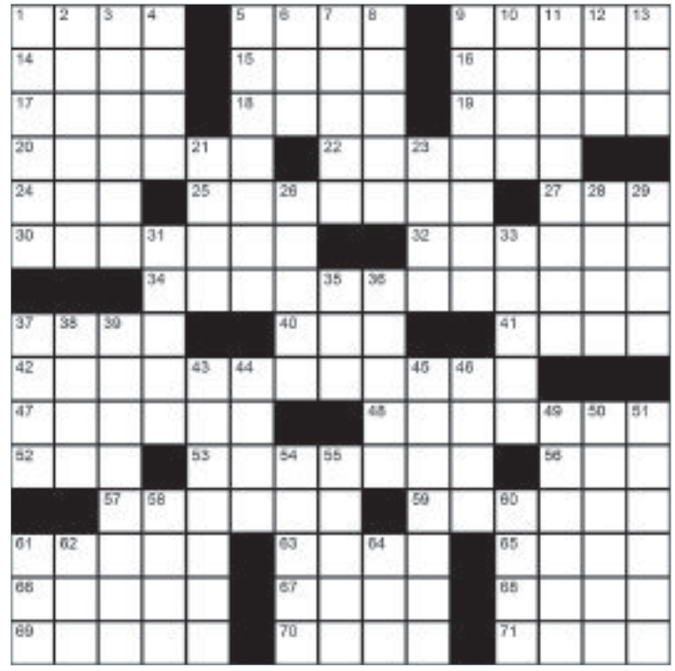
### ♓ Pisces
**Feb. 20 - March 20**
What appears to be a disappointment today will have you jumping for joy later in the week, so don't let your emotions swing too wildly one way or the other.

SALLY BROMPTON

## Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

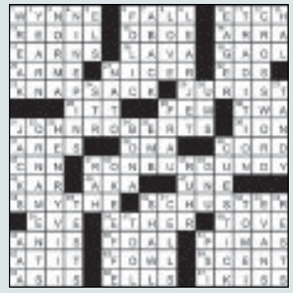
BY KELLY ANN BUCHANAN



**Across**
1. Kelly Clarkson's stepmom-in-law
5. Pasta alternative
9. Great hockey goalie, Dominik __
14. Power [abbr.]
15. Dutch cheese
16. As _ __ of thumb...
17. "Downton Abbey" role
18. Defy
19. US coin motto, '__ __ We Trust'
20. Fugitive
22. Actress Ms. Martin
24. "Eew!"
25. Ph.D.'s pursuit
27. __. card (Grades-lister)
30. King in ancient Egypt
32. Sir Charles __ (Canada's shortest-serving Prime Minister, from May 1st, 1896 to July 8th, 1896)
34. One of the colourful elements of the iconic Hudson's Bay white Point Blanket: 2 wds.
37. Clouseau's li'l rank
40. Home base [abbr.]
41. 'Class' suffix (Most elegant)
42. Scenic spots for cross-country skiing: 2 wds.
47. Vegas newlywed, often
48. Minoan civilization's ancient city
52. Mr. Efron
53. Dancing rehearsal outfit
56. "Veery interesting!"
57. Canadian actor Taylor
59. Body of work
61. Bing Crosby's "__ Christmas"
63. Harp, in Italy
65. Unaltered
66. Teutonic thunder god
67. Shortage
68. Spa city in Hungary
69. Subscribes
70. "'__ the night before Christmas..."
71. Comfy rooms

**Down**
1. Gain back
2. Plenty
3. Mr. Rochester's first wife in Jane Eyre
4. __ Sea, in Central Asia
5. Huge tree
6. Rhoda's TV mom
7. Jeweller's unit, variantly
8. Make corrections to
9. Barbershop service
10. "Rule, Britannia" composer: Thomas Augustine __
11. Dessert of Quebec: 2 wds.
12. Jeff Lynne's gr.
13. One white canvas running shoe
21. "I need _ __, not this pot!"
23. Connect the whats?
26. Blouse, for one
28. Livelinesses
29. Old shipping weight allowance
31. Shred: 2 wds.
33. Little Miss __
35. Bonn's locale, briefly
36. City of Honshu in Japan
37. "Mockingbird" by __ & Charlie Foxx
38. "The Lion King" (1994) lioness
39. Festive item on a fireplace mantle
43. News agency
44. Sea eagles, variantly
45. Progress
46. Ore deposit
49. "Truly Madly Deeply" by __ Garden
50. Viking ship crew
51. Light-transmitting curtains
54. The Who's "_ __ Explain"
55. Flung
58. "Let's call __ __ evening."
60. Put-upon
61. Dict. thingies
62. __ polloi (Common people)
64. Stew bit

## Friday's Crossword



## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | 3 | | 8 | | | |
| | 7 | | | | | 1 | | |
| 9 | | 6 | | | | 8 | | 2 |
| | | 7 | 4 | 2 | 5 | 3 | | |
| 2 | | | | | | | | 4 |
| | | 9 | 1 | 8 | 6 | 7 | | |
| 4 | | 5 | | | | 9 | | 1 |
| | 9 | | | | | | 3 | |
| | | | 7 | | 1 | | | |

## Friday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 2 | 3 | 9 | 6 | 4 | 7 | 1 | 5 | 8 |
| 1 | 4 | 6 | 8 | 5 | 9 | 3 | 2 | 7 |
| 5 | 7 | 8 | 3 | 2 | 1 | 9 | 4 | 6 |
| 7 | 2 | 1 | 5 | 9 | 6 | 8 | 3 | 4 |
| 3 | 8 | 5 | 4 | 1 | 2 | 6 | 7 | 9 |
| 6 | 9 | 4 | 7 | 3 | 8 | 5 | 1 | 2 |
| 4 | 6 | 7 | 1 | 8 | 5 | 2 | 9 | 3 |
| 9 | 1 | 3 | 2 | 6 | 4 | 7 | 8 | 5 |
| 8 | 5 | 2 | 9 | 7 | 3 | 4 | 6 | 1 |

## Weather

| TODAY | TUESDAY | WEDNESDAY |
|---|---|---|
| MAX: -22° MIN: -23° | MAX: -10° MIN: -11° | MAX: -12° MIN: -23° |

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**WEATHER SPECIALIST**
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